Tennessee Statewide **Toll-free Crisis Line** 24 hours a day, 7 days a week

1-855-CRISIS-1 1-855 (274-7471)

Are you or someone you know experiencing feelings such as...

- Sadness or loneliness? Hearing voices or

- Desperation?
- Mood swings?
- Racing thoughts? Sleeping too much or too little? Thoughts of harming yourself or others?
- Helplessness? Others are out to Powerless over drugs or alcohol? harm you?

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